



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35194, Agave, dried (Southwest)

Report Date: May 16, 2017 11:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	11.64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Energy	kcal	341	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	1427	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein ¹	g	1.71	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Total lipid (fat) ¹	g	0.69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Ash ¹	g	3.98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Carbohydrate, by difference	g	81.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary ¹	g	15.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sugars, total ¹	g	50.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	4.39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Glucose (dextrose) 1	g	3.48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fructose 1	g	42.83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Starch 1	g	0.91	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Minerals													
Calcium, Ca 1	mg	770	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Iron, Fe 1	mg	3.64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Magnesium, Mg 1	mg	207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Potassium, K 1	mg	767	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sodium, Na 1	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Zinc, Zn 1 a	mg	12.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Copper, Cu 1	mg	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Manganese, Mn 1	mg	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Selenium, Se 1	µg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Thiamin 1	mg	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Riboflavin 1	mg	0.644	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin ¹	mg	0.870	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Pantothenic acid ¹	mg	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-6 ¹	mg	0.216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folate, total ¹	μg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Folate, food	μg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folate, DFE	μg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin A, RAE	μg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Carotene, beta ¹	μg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Cryptoxanthin, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin A, IU	IU	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lycopene ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E (alpha-tocopherol) ¹	mg	0.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, gamma ¹	mg	0.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lipids													
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Content of Agave, 2002 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

Footnotes

^a Dried on galvanized wire.